

Quick Guide to Planning Breakfast Menus



School breakfast menus must meet the USDA's School Meals Initiative (SMI) nutrient standards, which are a required minimum of calories and nutrients for specific age or grade groups of children. The standards are based on the menu planning approach used by the school, either food based or nutrient standard menu planning. See *A Menu Planner for Healthy School Meals* at

<http://teamnutrition.usda.gov/Resources/menuplanner.html> for more

information.

The Healthier Montana Menu Challenge is a recognition program for schools who serve breakfast menus that meet Dietary Guidelines for Americans recommendations. Use these principles to plan your breakfast menus.

Healthier Montana Menu Challenge:

- ✓ Ensure that menus meet the USDA School Meals Initiative nutrient standards.*
- ✓ Offer three different fruits each week (includes fresh, frozen or canned).
 - Offer 100% fruit juice 1 time or less per week.
 - Fresh fruit is offered twice per week.
- ✓ Offer whole grain foods 3 times per week.
- ✓ Offer protein-rich foods (meat/meat alternates) at least 3 times per week.
- ✓ Limit the sale or service of high sugar items, like donuts, sweet rolls, maple bars, and high sugar breakfast cereals to 1 time per month.
 - High sugar items are defined as having ≥ 7 grams of sugar per 1 oz serving.
- ✓ Limit higher fat entrée items to once per week.
 - A higher fat entrée item is defined as having $\geq 40\%$ of calories from fat, excluding nuts, seeds, and nut butters.
 - If choices of entrees are offered, a student must be able to select a lower fat entrée ($<40\%$ of total calories from fat) each day.
- ✓ Offer low fat (1%) and skim milk, white or flavored, daily.

For more information on the Menu Challenge, visit:

http://www.opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/HealthyMT.html

Or contact:

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